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**DEDICATED
TO THE WOMEN OF MILTON**

**COMPILED BY
VIOLA M. HORNE**

We have obtained these receipts through the women of Milton, the National Civic Federation, and the Royal Baking Powder Company. They have been put together in this book with the hope that some one may be helped by some suggestion contained in it.

—Mary C. D. Wigglesworth.

**BOSTON
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SOUPS.

MEATLESS STEW.

1 cup dried horticultural beans	1 stalk celery
2 quarts water	2 tsp. salt
1 medium sized onion	1 bay leaf
1 leek	1½ tsp. dried herbs
4 turnips	2 tbsp. fat
3 carrots	Parsley

Wash beans and soak over night in 3 pints water. Cut up onion, carrot, and turnip and fry in fat; add beans and water in which they were soaked, salt and herbs; bring slowly to the boiling point and add 2 quarts of water. Simmer 2 hours and serve with or without dumplings.

OATMEAL AND MUSHROOM SOUP.

1 cup chicken stock	1 tbsp. minced onion
1 cup cut mushrooms	1 pt. skimmed milk
4 tbsp. fat	1 cup cooked oatmeal
3 tbsp. flour	Salt, paprika

Make a white sauce of 2 tablespoons fat, the flour and milk; lightly brown the onion in remaining fat, add mushrooms, cook 2 minutes, add chicken stock, cover and cook 5 minutes; add the oatmeal, combine white sauce and mushroom mixtures and serve.

ONION AND CHEESE SOUP.

2 cups water in which onions have been boiled	
2 tbsp. flour	1 cup milk
2 tbsp. butter	¾ cup grated cheese

Make a white sauce of the butter, flour and milk. Add onion liquor and cheese; cook until cheese is melted; season with salt, if necessary, and cayenne.

OYSTER AND CELERY CHOWDER.

1 cup diced celery	2 cups milk
1 cup oysters	1 tsp. salt
2 cups diced potatoes	$\frac{1}{8}$ tsp. pepper
1 large onion	1 tbsp. fat
1 slice pork	1 tbsp. flour

Cut pork into $\frac{1}{4}$ inch cubes and fry slowly until a light brown and fat is well extracted in the kettle in which chowder is to be made. Add celery and onion, minced finely, cover with about 1 quart of boiling water and cook $\frac{1}{2}$ hour or until all is tender. Then add potatoes, salt and pepper, and simmer $\frac{1}{2}$ hour. Bring oysters to a boil, add milk, scalded and thickened with flour and fat blended together. Combine all and serve at once.

PARSNIP SOUP.

Boil three washed and pared parsnips until tender. Put through a sieve and return to the water in which they were boiled; there should be just enough to cover them. Add the same quantity of milk; season with salt and pepper, and to each pint of milk add 2 tablespoonfuls of thickening rubbed smooth in a little cold milk. Cook until the mixture is smooth. Serve with croutons and minced parsley.

POTATO SOUP.

4 medium sized potatoes	2 tsp. salt
5 cups milk	$\frac{1}{2}$ tsp. celery salt
2 cups water	Pepper
$\frac{1}{2}$ medium sized onion	$\frac{1}{4}$ cup fat
$\frac{1}{2}$ tbsp. parsley	3 tbsp. flour

Cook potatoes and sliced onion in water until soft, then put through a strainer without draining. Make a white sauce of fat, flour and milk, add to potato and seasonings, bring to the boiling point, add finely chopped parsley and serve.

SCOTCH BROTH.

1 cup Scotch barley	1 cup cooked beans <i>or</i>
2 medium sized potatoes	1 cup cooked corn
2 medium sized onions	1 tbsp. oil
1 medium sized turnip	1½ tsp. salt
1 medium sized carrot	⅛ tsp. pepper

Soak barley over night in 3 quarts water; simmer 1 hour. Heat oil, add chopped vegetables, cook 2 minutes, add to barley and slowly cook until vegetables and barley are tender. Add more salt and pepper if necessary. If too thick, more water may be added. One tablespoon of peanut butter or vegex improves the flavor.

VEGETABLE SOUP.

1 carrot finely ground	1 pint water
2 large potatoes	½ tsp. soda
1 or 2 slices onion	Salt and pepper
Juice from one can tomatoes	

Cook together carrots, potatoes and onions until potatoes are done. Remove one potato and reserve for some other purpose. Mash the other potato and put back with the carrots. When carrots are done, add tomato juice, salt and pepper to taste, and soda. Serve at once.

EGGS.

EGG CASSEROLE.

4 hard cooked eggs	2 tbsp. corn starch
4 cups hot mashed potato	1½ cups skimmed milk
1 tbsp. chopped onion	½ tsp. salt
2 tbsp. oil or fat	⅛ tsp. pepper

Make a sauce with the fat, corn starch, milk, salt and pepper; arrange eggs, cut in slices, and potatoes in alternate layers, sprinkle with onion and pour over all the white sauce. Bake 20 minutes in a hot oven.

CURRIED EGGS AND GREEN PEAS.

6 hard cooked eggs	1 can peas
2 tbsp. fat	1 tbsp. fat
1½ tbsp. corn starch	⅛ tsp. salt.
1½ cups skimmed milk, stock or water	1 slice onion
1 tbsp. onion	Milk to soften
½ tbsp. curry	1 tsp. Worcestershire

Melt fat, add onion, curry, corn starch and liquid; cook 5 minutes and keep hot; cook peas, fat, salt, onion and milk; press through a strainer, reheat, add Worcestershire. Arrange eggs, cut in eighths lengthwise, on a platter, cover with sauce and garnish with peas.

SCALLOPED EGGS.

2 tbsp. oil	4 hard cooked eggs
1½ tbsp. corn starch	1 cup grated cheese
1½ cups skimmed milk	½ cup crumbs
½ tsp. salt	⅛ tsp. pepper

Make a white sauce with oil, corn starch, milk, salt and pepper. Arrange eggs, cut in slices, and cheese in alternate layers in a baking dish, cover with white sauce and sprinkle top with cracker crumbs. Bake 20 minutes.

OMELET WITH CHEESE SAUCE.

2 eggs	1 tbsp. oil
2 tbsp. hot water	$\frac{1}{8}$ tsp. pepper
$\frac{1}{4}$ tsp. salt	$\frac{1}{8}$ tsp. paprika

Beat yolks of eggs until thick and lemon colored, add hot water, salt and pepper. Beat whites of eggs until stiff, cut into yolk mixture. Heat the fat in frying pan, pour in egg mixture and cook until delicately browned underneath, then place in oven to dry on top. Remove, fold, and turn on a hot platter; pour around it a cheese sauce.

CHEESE SAUCE.

$1\frac{1}{2}$ tbsp. corn starch
1 cup scalded milk
$\frac{1}{2}$ cup grated cheese

Mix corn starch with a small amount of cold water, add to scalded milk, cook 10 minutes, add cheese and serve.

EGG TIMBALES.

1 tbsp. butter	$\frac{1}{2}$ tsp. salt
1 tbsp. flour	$\frac{1}{8}$ tsp. pepper
$\frac{3}{4}$ cup milk	Few grains celery salt
3 eggs	Few grains cayenne
1 tbsp. chopped parsley	

Melt the butter, add the flour and stir until well blended, then add the milk and cook until the sauce thickens. Add yolks of eggs, beaten until thick and lemon colored, and seasonings. Beat the whites of eggs until stiff and dry and cut and fold into mixture. Turn into buttered moulds, set in a pan of water and bake in a slow oven until firm. Serve with tomato sauce.

CHEESE DISHES.

CHEESE CUSTARD.

1 cup soft bread crumbs	$\frac{1}{4}$ tsp. salt
1 cup grated cheese	$\frac{1}{8}$ tsp. soda
$\frac{1}{4}$ tsp. mustard	1 egg
$\frac{1}{2}$ tsp. paprika	1 cup milk

Mix together the first six ingredients, then add the egg slightly beaten and the milk heated to the boiling point. Turn into a greased baking dish and bake in a slow oven 25 minutes.

ROMAN CHEESE.

4 tbsp. fat or oil	2 cups skimmed milk
$\frac{1}{2}$ cup corn starch	2 egg yolks
$\frac{1}{2}$ tsp. salt	1 cup grated cheese

Make a white sauce of fat, corn starch, salt and milk, cook 5 minutes, add yolks of the eggs and one-half the cheese. Pour into a greased shallow pan and cool. Turn out, cut with a cookie cutter or knife into strips. Place on a platter, cover with the remaining cheese and brown in the oven.

CHEESE SOUFFLÉ.

2 tbsp. fat	3 eggs
2 tbsp. flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup milk	Pepper
1 cup grated cheese	

Put fat in saucepan, when hot add flour, stirring until smooth, then add milk and seasonings. Cook 2 minutes, add yolks of eggs, well beaten, and cheese. Set away to cool. When cold, add whites of eggs beaten to a stiff froth. Turn into a greased baking dish and bake 25 minutes.

CHEESE SOUFFLÉ WITH TOMATO.

$\frac{1}{4}$ cup fat	$\frac{1}{2}$ tsp. soda
$\frac{1}{8}$ cup flour	$\frac{1}{4}$ tsp. onion juice
1 cup strained tomato	$1\frac{1}{2}$ cups grated cheese
$\frac{1}{2}$ tsp. salt	4 eggs—separated
$\frac{1}{8}$ tsp. paprika	

Melt fat, add flour with seasonings and stir until well blended; pour on tomato and cook 2 minutes, stirring briskly; remove from the fire, add cheese and yolks of eggs beaten until thick and lemon colored, then lightly fold in the whites of the eggs beaten until stiff and dry. Bake in well greased individual dishes until well risen and lightly browned.

BAKED CHEESE AND CORN.

2 tbsp. fat	2 cups skimmed milk
1 tbsp. red or green pepper	1 cup cooked corn
2 tbsp. corn starch	1 cup cheese
1 tsp. salt	2 eggs
1 tsp. tomato catsup	$\frac{1}{8}$ tsp. pepper

Melt fat, add chopped pepper, corn starch, milk, salt and pepper; cook 5 minutes, add corn, cheese, catsup. Mix well and add yolks of eggs slightly beaten, and the whites beaten until stiff. Turn into a greased dish and bake 30 minutes.

CHEESE AND HOMINY FONDUE.

1 cup cooked hominy	3 eggs
1 cup grated cheese	$\frac{1}{2}$ tsp. salt
2 cups skimmed milk	1 tbsp. peanut butter or vegex

Scald milk, add other ingredients and cook over hot water until cheese is melted. Serve on toasted brown bread.

CHEESE AND RICE LOAF.

1 cup cooked rice	1 tbsp. fat
1 cup grated cheese	1 tbsp. onion
1 cup skimmed milk	1 tbsp. green pepper
1 cup bread crumbs	1 tsp. salt
2 eggs	

Melt fat, add onion and pepper, cook 2 minutes, add bread crumbs and milk, cheese and rice; cool; then add well beaten eggs. Bake in a greased dish 30 minutes. Serve with cheese or tomato sauce.

MEXICAN RAREBIT SANDWICH.

2 tbsp. minced onion	$\frac{1}{2}$ bay leaf
1 cup strained tomato	1 cup cheese—finely cut
2 tbsp. fat	$\frac{1}{2}$ tsp. salt
3 eggs	Paprika

Lightly brown the onions in the fat; add tomato, bay leaf, salt, paprika and heat to the boiling point; add cheese, eggs, seasonings and cook until thick, stirring constantly. Remove bay leaf.

Cut into slices, hominy which has been cooked, moulded and allowed to cool. Sauté hominy, and serve rarebit thickly spread between two slices. Serve very hot.

SCOTCH WOODCOCK.

1 cup tomato	1 tsp. mustard
2 cups cheese	Cayenne
1 tsp. salt	1 egg

Heat tomato and strain. Add cheese and seasonings and stir until cheese is melted; add egg slightly beaten. Serve on toast or crackers.

MEAT SUBSTITUTES.

BEAN LOAF.

- | | |
|------------------------------|----------------------|
| 1 cup cooked beans | 1 tsp. chopped onion |
| 1 cup bread crumbs <i>or</i> | 1 tbsp. fat |
| 1 cup cooked cereal | Salt and pepper |

Put beans through the ricer. Add crumbs or cereal, onion, fat, salt and pepper to season. Moisten with white sauce, gravy or tomato sauce. Put mixture in deep greased bread tin, bake in a medium oven 1 hour. Serve hot with tomato sauce.

LIMA BEAN LOAF.

- | | |
|------------------------|---------------------------------|
| 1 cup dried lima beans | 1 egg slightly beaten |
| 1 onion | 3 tbsp. oil |
| 1 carrot | $\frac{1}{4}$ tsp. mustard |
| 1 cup rice | $\frac{1}{2}$ cup boiling water |
| 1 tsp. salt | 1 tbsp. catsup |

Soak beans over night in cold water, drain; cover with boiling water, add onion, carrot, rice, and cook until beans are tender. Drain, retain water for soup stock, put bean mixture through meat chopper; add remaining ingredients, mix well, pack in greased bread pan and bake $\frac{1}{2}$ hour.

BOSTON ROAST.

- | | |
|------------------------|--------------------|
| 2 cups cooked beans | 1 cup skimmed milk |
| 2 cups grated cheese | Bread crumbs |
| 1 onion—finely chopped | |

Put the beans (which may be baked beans, lima beans or kidney beans) through the chopper, add cheese, onion and milk and mix well; mix in bread crumbs to make mixture stiff enough to form into a roll. Bake 20 minutes, basting twice with vegetable oil. Serve with tomato or brown sauce.

ESCALLOPED CORN AND ONIONS.

1 pint canned corn
 $\frac{1}{2}$ cup milk

2 large onions cut into small
pieces and cooked

Put into a greased baking dish a layer of corn, then a sprinkling of bread crumbs, then a layer of onions. Sprinkle with salt and pepper and add milk. Cover with a layer of bread crumbs, dotted with fat. Bake about 30 minutes.

GNOCCHI.

$\frac{1}{2}$ cup hominy
 $1\frac{1}{2}$ cups chicken stock *or*
 $1\frac{1}{2}$ cups water

$\frac{1}{2}$ cup milk
1 egg
Salt and pepper

Cook hominy in the double boiler 40 minutes. Remove from the fire and add the egg, slightly beaten. Pour into a shallow pan so that it will be about 1 inch thick. When cold, cut into blocks and put into a well greased baking dish. Cover with white sauce and grated cheese and brown in a quick oven.

BAKED HOMINY.

1 cup hominy
5 cups milk

$1\frac{1}{2}$ tsp. salt
2 eggs

Heat milk in the double boiler and add hominy. Cook $1\frac{1}{2}$ hours. Let stand until lukewarm, then add salt and eggs, well beaten. Turn into a well greased baking dish and bake 25 minutes in a moderate oven.

OATMEAL CUTLETS—CHEESE SAUCE.

4 tbsp. fat	1 cup skimmed milk
6 tbsp. barley flour <i>or</i>	$\frac{1}{4}$ cup grated cheese
3 tbsp. corn starch	$\frac{1}{2}$ tsp. minced onion
$\frac{1}{2}$ cup vegetable stock <i>or</i>	$\frac{1}{2}$ tsp. parsley
$\frac{1}{2}$ cup strained tomato	$\frac{1}{4}$ tsp. poultry seasoning
1 cup cooked oatmeal	1 egg

Brown onion in 2 tablespoons fat, add 4 tablespoons flour and stock to make a thick binding; add oatmeal, parsley, poultry seasoning, salt and pepper to taste. Chill, form into cutlets, roll in egg and crumbs and bake 30 minutes, basting twice with vegetable oil. Serve with cheese sauce made from the remaining fat and flour, skimmed milk, add cheese and salt and paprika to taste.

BAKED LENTILS WITH RICE.

2 cups lentils	1 small onion
1 pint cold water	2 cloves
$\frac{1}{2}$ tsp. lemon juice	1 cup cooked rice

Wash and pick over lentils and put into a saucepan with cold water. Let stand 5 or 6 hours or over night. Add lemon juice, onion, cloves and cook slowly until lentils are soft. This takes about 30 minutes. Take out the onion and cloves and put into a greased baking dish with the cooked rice. Cover with a layer of crumbs, with tiny dots of butter or oleo and a sprinkling of parsley. Bake in a quick oven until crumbs are brown.

PEANUT CUTLETS.

1 cup peanut butter	1 egg slightly beaten
1 tbsp. grated onion	Vegetable stock
$\frac{1}{4}$ tsp. poultry seasoning	$\frac{1}{4}$ tsp. Worcestershire sauce
1 cup mashed potato	Salt and paprika

Mix all ingredients thoroughly, add enough stock to make just moist enough to handle. Mould, shape, egg and crumb, and fry or bake.

POLENTA.

1 cup granulated corn meal 4 cups boiling water

Add meal to boiling water; cook 30 minutes.

SAUCE:

1 tbsp. fat
2 tbsp. flour

1 cup strained tomato
 $\frac{1}{2}$ onion fried in oil

Melt fat, add flour and cook until well blended, stirring constantly; add salt and pepper to taste.

Cut moulded corn meal mush into blocks. Into greased baking dish, put alternate layers of mush, tomato sauce and grated cheese. Bake $\frac{1}{2}$ hour or until brown.

CORN MEAL FISH CAKES.

1 cup corn meal
2 cups boiling water
1 cup shredded cod fish

1 tsp. salt
1 tbsp. fat
1 tsp. baking powder

Scald corn meal in boiling water to which salt has been added. Remove from the fire and add shortening and fish. When cool beat well and add baking powder. Drop from a spoon into hot fat and fry until brown.

BAKED VIRGINIA SAMP.

1 quart cooked samp
 $\frac{1}{2}$ lb. cheese finely cut
2 tbsp. oil
2 tbsp. barley flour *or*
1 tbsp. corn starch

1 cup milk
 $\frac{1}{4}$ cup chopped pimentoes
 $\frac{1}{4}$ tsp. mustard
Salt and paprika

Make a sauce with the oil, flour, milk and seasonings; add the cheese and pimentoes. Stir sauce and samp together, put into a well greased baking dish and brown in a quick oven.

BAKED RICE WITH CHEESE.

2 cups cooked rice	$\frac{1}{8}$ tsp. pepper
$\frac{3}{4}$ cup grated cheese	$\frac{3}{4}$ cup hot milk
$\frac{1}{8}$ tsp. salt	

Arrange rice and cheese in layers in a greased baking dish; sprinkle with salt and pepper and cover with milk. Bake in a moderate oven 15 minutes.

CURRIED RICE.

1 cup rice	1 tsp. salt
$\frac{1}{4}$ cup fat	$1\frac{1}{2}$ cups boiling water
$\frac{1}{2}$ finely chopped onion	$1\frac{1}{2}$ cups hot milk
1 tsp. curry powder	

Heat milk in the double boiler. Fry onion in fat until light brown. Wash rice, add to onion and stir until butter is absorbed; add curry, salt and boiling water. Cook over fire for 5 minutes, then turn into double boiler with hot milk and cook 30 minutes or until rice is soft but not broken. Serve in a border with green peas in the centre.

RISOTTO.

1 tbsp. fat	$\frac{1}{2}$ pint stock or water
1 small onion	Salt and pepper
$\frac{1}{2}$ cup rice	$\frac{3}{4}$ cup grated cheese

Melt fat in saucepan, add onion finely chopped; add rice, water or stock, salt and pepper to taste. Let rice cook, adding boiling water as the liquid is absorbed, so that it will not become dry. When rice is cooked, fold in grated cheese.

JAPANESE RICE.

$\frac{3}{4}$ cup rice	1 pepper
4 ripe tomatoes <i>or</i>	2 tbsp. fat
$\frac{1}{2}$ can tomatoes	$\frac{1}{2}$ tsp. salt

Cook the rice in the double boiler until done. Remove from the fire and add the tomatoes and pepper, finely chopped, fat and salt. Put into a greased baking dish and bake 20 to 30 minutes.

VEGETARIAN VEAL LOAF.

1 cup English walnuts	1 cup stewed tomatoes
1 cup celery	2 eggs
$\frac{1}{2}$ cup onion	Pepper and salt
1 cup boiled rice	2 tbsp. butter

Put through the food chopper the walnuts, celery and onion. Add tomatoes, eggs, salt and pepper to taste, and butter. Bake for $1\frac{1}{2}$ hours in a moderate oven, covered for the first half-hour.

This may be served with a sauce made from the liquid part of the tomatoes.

VEGETABLE CUTLETS.

1 cup cooked rice	2 tbsp. onion
2 cups cooked beans	2 tbsp. corn starch
1 cup mashed potato	$\frac{1}{2}$ cup tomato
1 tbsp. fat or oil	$\frac{1}{2}$ tsp. salt

Cook onion in fat, add remaining ingredients which have been put through a meat chopper. Mix well, shape like cutlets and bake $\frac{1}{2}$ hour in a quick oven, basting twice with fat or oil.

WALNUT CROQUETTES.

1 cup chopped walnuts	2 tsp. corn starch
1 cup boiled rice <i>or</i>	2 tsp. fat
1 cup bread crumbs	$\frac{1}{2}$ tsp. minced onion
$1\frac{1}{4}$ cups milk	Salt and pepper

Make a white sauce of the fat, corn starch and milk; add the walnuts, rice or crumbs, onion, salt and pepper. Make into croquettes, egg and crumb, and fry in deep fat.

If rice is used, less white sauce is needed.

WALNUT SOUFFLÉ.

1 cup chopped walnuts	Salt and pepper
1 cup white sauce	Mace, nutmeg
2 eggs	

Add yolk of one egg to white sauce and beat well, then add second yolk and again beat well. To sauce add chopped walnuts and season to suit taste with salt, pepper, nutmeg and mace. When cold, add egg whites beaten very stiff; bake about 20 minutes.

PIGNOLIA ROAST.

1 cup pignolia nuts	Salt, paprika
3 cups toasted corn flakes	$\frac{1}{2}$ tbsp. grated onion
2 eggs	$\frac{1}{2}$ tsp. chopped parsley
Vegetable stock	$\frac{1}{4}$ tsp. poultry seasoning

Brown the nuts in the oven, chop coarsely; mix all dry ingredients, add eggs slightly beaten and stock to make just moist enough to handle; season well, shape in a roll, rub over outside with egg and bake in a moderate oven 20 minutes.

NUT LOAF.

2 cups soft stale bread crumbs	$\frac{1}{4}$ tsp. paprika
1 cup nut meats finely chopped	1 egg slightly beaten
1 tsp. salt	3 tbsp. sausage fat or oleo
$\frac{1}{2}$ tsp. poultry seasoning	$\frac{1}{2}$ cup boiling water

Mix in order given; pack in a deep, greased pan and bake in a moderate oven 30 minutes. Serve with cheese sauce.

FISH.

FISH PUDDING.

1½ lbs. white fish
3 eggs
Salt and pepper

4 or 5 drops tabasco
1 cup soft bread crumbs
½ cup milk

Boil and shred fish. Beat the eggs, add salt, pepper, tabasco and milk. Add this mixture to the fish. If the mixture is too soft, add more crumbs. Put into covered and buttered mould and steam one hour. Serve with cream sauce.

JELLIED FISH.

1½ cups cold flaked fish
2 tbsp. chopped capers
1 tbsp. granulated gelatin
1 cup boiling water

2 tbsp. lemon juice
¼ tsp. salt
2 tbsp. cold water

Mix the fish and capers and put into a mould. Soak the gelatin in cold water, add the boiling water and stir until gelatin dissolves, then add lemon juice and salt. Pour this jelly carefully over the fish and set in a cool place to harden. Cut into portions and serve on lettuce with salad dressing. If desired, celery or hard cooked eggs cut in slices may be added to the fish.

SALMON LOAF.

1 cup cooked rice
1 tsp. salt
⅛ tsp. pepper

1 cup boiling water
1 beaten egg
1 cup cooked salmon

Mix in order given, pack in greased mould and steam 1 hour. Turn on to a platter, pour around white sauce and garnish with hard cooked eggs, olives and parsley.

SCALLOPED FISH AND POTATO.

2 cups cooked fish (salt or fresh)	$\frac{1}{8}$ tsp. pepper
2 cups mashed potato	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ cups skimmed milk	1 tsp. chopped parsley
1 tbsp. fat	1 tsp. finely chopped onion
1 tbsp. corn starch	

Make a sauce of milk, fat, corn starch, salt, pepper, parsley, and onion; add to fish; put into a baking dish, cover with mashed potato and bake until brown. Garnish with hard cooked egg and chopped parsley.

SALT CODFISH SOUFFLÉ.

1 cup salt codfish	2 tbsp. oil
2 cups potatoes	2 eggs
2 tbsp. chopped onion	$\frac{1}{8}$ tsp. pepper

Soak fish and potato over night; in morning drain and cook until tender. Fry onion in oil, add to fish and potato, mash thoroughly, add well beaten yolks of eggs, beat well, cut and fold in the stiffly beaten whites. Put in a greased baking dish, bake 20 minutes. Serve immediately.

BREADS MADE WITHOUT WHEAT FLOUR.

BARLEY AND CORN BREAD.

1 cup corn meal	2 tsp. salt
3 cups barley flour	$\frac{1}{4}$ cup molasses
1 cup rye flour	$\frac{1}{2}$ yeast cake dissolved in
2 cups hot milk	$\frac{1}{4}$ cup lukewarm water
2 tbsp. shortening	

Make the same as white bread.

BARLEY AND RYE BREAD.

2 cups scalded milk	3 cups fine rye flour
3 tbsp. molasses	2 tbsp. shortening
$\frac{1}{2}$ yeast cake	2 tsp. salt
3 cups barley flour	$\frac{1}{4}$ cup lukewarm water

Make the same as white bread.

RYE BREAD.

2 quarts fine rye flour	1 $\frac{1}{4}$ tbsp. salt
6 tbsp. mashed potato	1 pint milk
2 tbsp. sugar	1 $\frac{1}{2}$ cups water
$\frac{1}{4}$ cup molasses	1 yeast cake
2 tbsp. shortening	

Sift the flour and work in potato. Reserve one pint of flour to use in kneading. Scald milk, add sugar, molasses, shortening, salt and water. When lukewarm, add flour and yeast dissolved in lukewarm water. Knead well and let rise until double in bulk. Make into loaves, again let rise until double in bulk, and bake in a moderate oven 50 minutes.

RYE BREAD.

$\frac{1}{2}$ pint milk
 $\frac{1}{2}$ pint water
 $\frac{1}{2}$ yeast cake

2 tbsp. cool water
 $\frac{1}{2}$ tsp. salt
Rye flour

Scald milk, add water, when lukewarm add yeast dissolved in cool water, then stir in sufficient rye flour to make a batter. Beat thoroughly; cover and let stand for 3 hours. Then add rye flour to make a dough stiff enough to knead. Knead thoroughly, pound it if you can for 5 minutes. Shape into loaves and put into greased pans. Let rise $1\frac{1}{2}$ hours and bake in a moderate oven 1 hour.

RYE AND OATMEAL BREAD.

1 cup water
2 cups milk
1 cup oatmeal mush
2 tbsp. molasses

2 tsp. salt
1 yeast cake
8 cups rye flour

Mix, knead, and let rise over night. Knead down, adding 2 cups rye flour, let rise and bake.

WHEATLESS BREAD I.

$\frac{1}{4}$ yeast cake dissolved in
 $\frac{1}{4}$ cup lukewarm water
1 tbsp. brown sugar
1 tsp. salt
 $\frac{1}{2}$ cup yellow corn meal

$1\frac{1}{2}$ cups water
 $\frac{1}{2}$ cup rice
1 cup rye flour
1 cup rice flour

Cook rice 20 minutes in $1\frac{1}{2}$ cups water in the double boiler. Make all ingredients into a batter, let rise 4 hours, drop from spoon into pan, let rise $1\frac{1}{2}$ hours and bake in a moderate oven 45 minutes.

WHEATLESS BREAD II.

1½ cups milk	2 tbsp. brown sugar
1 cup Indian meal	1 tsp. salt
1 cup rye meal	1 tbsp. shortening
1 cup potato flour	¼ yeast cake.

Mix meals, add liquids and yeast cake dissolved in a little warm water. Knead, let rise until double in bulk, knead again, put into pans. Again let rise until double in bulk and bake in a moderate oven.

BREADS WITH ONE-THIRD WHEAT FLOUR.

BARLEY BREAD.

2 cups white flour	2 tbsp. molasses
4 cups barley flour	$\frac{1}{2}$ yeast cake
1 cup water	$\frac{1}{4}$ cup warm water
1 cup milk	1 tsp. salt

Make the same as white bread.

CORN, OATS AND RICE BREAD.

1 cup corn meal	1 cup scalded milk
1 cup rolled oats	1 tbsp. molasses
$\frac{1}{2}$ cup rice flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ cup white flour	$\frac{1}{2}$ yeast cake dissolved in
1 tbsp. fat	$\frac{1}{4}$ cup lukewarm water

Add the scalded milk to corn and oats, when cool add yeast dissolved in lukewarm water, salt, melted fat and rice flour. Beat well, when spongy add flour and molasses. Knead; let rise; knead again; raise again and bake.

HOMINY BREAD.

1 cup scalded milk	$\frac{1}{2}$ yeast cake
1 cup cooked hominy	$\frac{1}{4}$ cup lukewarm water
1 tbsp. molasses	1 cup corn meal
$\frac{1}{2}$ tsp. salt	1 cup white flour

Make the same as white bread.

MUFFINS AND HOT BREADS WITHOUT WHEAT FLOUR.

BARLEY MUFFINS.

1 cup milk	2 tbsp. shortening
1 tbsp. sweetening	2¼ cups barley flour
1 egg	2 tsp. baking powder
½ tsp. salt	

Mix and bake the same as any muffins.

BARLEY POPOVERS.

1½ cups barley flour	2 eggs
1 cup milk	1 tbsp. melted fat
¼ tsp. salt	

Beat eggs, add the milk, salt, flour, and melted fat. Beat thoroughly to form a smooth batter. Bake in a hot oven 30 to 40 minutes.

BARLEY BAKING POWDER BISCUITS.

2 cups barley flour	4 tsp. baking powder
2 tbsp. shortening	⅔ cup milk
½ tsp. salt	

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about ¼ inch thickness, cut with a biscuit cutter and bake in a hot oven.

BARLEY BREAD.

2 cups barley meal	2 cups milk
2 cups rye flour	6 tsp. baking powder
2 tsp. salt	2 tbsp. molasses

Sift the dry ingredients. Add milk and molasses. Beat well, turn into a greased bread pan, let stand 15 minutes; bake in a moderate oven 50 minutes.

BARLEY AND OAT MUFFINS.

1 cup milk	1 tsp. salt
1 tbsp. fat	4 tsp. baking powder
2 tbsp. syrup	1 1/4 cups barley flour
2 eggs	3/4 cup ground rolled oats

Mix dry ingredients; beat eggs well, add milk, fat and syrup. Combine ingredients. Bake 25 to 30 minutes.

JOHNNIE CAKE.

1 cup corn meal	1 tsp. sugar
1 cup milk	2 tsp. baking powder
1 cup water	1 tbsp. shortening
1 tsp. salt	1 egg

Let liquid come to the boiling point; stir in the corn meal and remove from the fire. Beat well, add shortening, egg well beaten and baking powder. Bake in a hot oven 30 minutes.

CORN MEAL BANNOCK.

1 pint boiling water	$\frac{1}{2}$ tsp. salt
1 pint corn meal	2 eggs
1 tbsp. sugar	

Pour boiling water over corn meal. Let stand until quite cold, then add sugar, salt and eggs, yolks and whites beaten separately. The mixture must be thin enough to run when poured into the pan. The pan must be a large one and the cake as thin as a wafer.

WAFFER CORN BREAD.

2 cups corn meal	1 tbsp. shortening
2 tsp. Royal Baking Powder	2 cups milk
$\frac{1}{2}$ tsp. salt	2 tbsp. molasses (if desired)
1 egg	

Mix thoroughly corn meal, baking powder and salt. Add melted shortening, molasses, well beaten egg and milk. Beat well. Pour into greased shallow pans (the batter should be about $\frac{1}{4}$ inch thick) and bake in a hot oven until brown on both sides. The bread should be less than $\frac{1}{2}$ inch thick when baked.

CORN PONE.

1 cup corn meal	1 tbsp. molasses
2 cups boiling water	1 tbsp. vinegar
1 tsp. salt	$\frac{1}{2}$ tsp. soda
1 tbsp. shortening	

Stir corn meal into boiling water to which salt has been added. Remove from the fire; add remaining ingredients and beat thoroughly. When cold, form into cakes and bake or fry on a griddle.

CORN MEAL CRISP.

1 cup corn meal	1 tsp. salt
2 cups boiling water	

Stir corn meal into boiling water, beating constantly so that mush will not be lumpy. Spread to $\frac{1}{8}$ -inch thickness on an inverted dripping pan over which a freshly cut potato or turnip has first been rubbed. Bake in a moderate oven until well browned and crisp.

If the crisp is to be served with a salad, grated cheese may be sprinkled over it when it is done and put back into the oven for a minute until the cheese melts.

ROLLED OATS AND CORN BREAD.

2 cups rolled oats	1 cup molasses
1 cup corn meal	2 cups chopped raisins
2 cups boiling water	1 tsp. soda
2 cups barley or rice flour	1 tsp. salt
2 eggs	

Put the rolled oats through the meat grinder and measure after grinding. Pour boiling water over oats and corn meal and allow to stand for $\frac{1}{2}$ hour. Then add barley or rice flour, eggs well beaten, molasses, raisins, soda and salt. Bake in a moderate oven $1\frac{1}{4}$ hours. This amount makes two loaves.

CORN AND RICE CAKES.

1 cup cooked rice	1 tbsp. molasses
$\frac{2}{3}$ cup hot milk	1 egg
$\frac{1}{2}$ cup corn meal	1 cup rye flour
2 tbsp. shortening	3 tsp. baking powder
$\frac{3}{4}$ tsp. salt	

Pour hot milk on to the rice, add corn meal, salt, shortening, molasses, egg well beaten, and rye flour mixed and sifted with baking powder. Beat well and bake in greased pan, having mixture about 1 inch thick.

POTATO MUFFINS.

1 cup corn meal	1 cup potato flour <i>or</i>
1 cup milk	1 cup mashed potato
1 cup water	2 tsp. baking powder
1 tsp. salt	2 eggs
1 tbsp. shortening	

Scald corn meal with the milk and water to which the salt has been added. Remove from the fire and add shortening. Let cool. Add potato or potato flour and baking powder, yolks of eggs well beaten. Then add 1 cup milk (making 3 cups liquid in all) and whites of eggs stiffly beaten. Bake in hot oven 30 to 35 minutes.

RYE AND CORN MEAL MUFFINS.

1½ cups rye flour	1 tbsp. sugar
½ cup corn meal	¾ cup milk and water
½ tsp. salt	1 tbsp. shortening
4 tsp. Royal Baking Powder	

Mix thoroughly the dry ingredients; add milk and water and melted shortening. Beat well. Bake in greased muffin pans in a hot oven 30 to 35 minutes.

CORN BREAD WITH RYE.

1 cup corn meal	1 tsp. salt
1 cup rye flour	1 cup milk
2 tbsp. sugar	1 egg
5 tsp. Royal Baking Powder	2 tbsp. shortening

Mix thoroughly the dry ingredients; add milk, beaten egg and melted shortening. Stir well. Put into greased pan, allow to stand in warm place 20 to 25 minutes and bake in a moderate oven 40 to 45 minutes.

BUCKWHEAT AND OAT MUFFINS.

1 cup milk	4 tsp. baking powder
1 tbsp. fat	1¼ cups barley flour
2 tbsp. syrup	¾ cup ground rolled oats
1 tsp. salt	

Mix dry ingredients; beat eggs well, add milk, fat and syrup. Combine ingredients. Bake 25 to 30 minutes.

BUCKWHEAT MUFFINS.

2 cups buckwheat flour	1 egg
1 cup apple sauce	2 tbsp. molasses
1 cup milk	2 tbsp. shortening
1 tsp. salt	2 tsp. baking powder

Sift together buckwheat flour, salt and baking powder. Add milk, molasses, melted shortening and egg well beaten. Lastly add the apple sauce. Bake in a hot oven 25 to 30 minutes.

HOMINY MUFFINS.

1 cup cooked hominy	¾ cup milk
1 tsp. salt	2 cups corn flour
1½ tbsp. shortening	4 tsp. Royal Baking Powder
1 egg	

Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour which has been sifted with baking powder. Beat well and bake in muffin tins or shallow pan in hot oven 25 to 30 minutes.

SURPRISE MUFFINS.

2 cups rye flour	3 tsp. baking powder
1 tsp. salt	1 tbsp. shortening
1 tbsp. sugar	1 cup milk
1 egg	1 cup chopped apple

Make and bake the same as buckwheat muffins.

RYE ROLLS.

4 cups rye flour	1½ cups milk
1 tsp. salt	1 tbsp. shortening
6 tsp. Royal Baking Powder	

Sift together the dry ingredients, add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in a warm place 20 to 25 minutes. Bake in a moderate oven 25 to 30 minutes.

RYE LOAF.

3 cups rye flour	¼ cup sugar
½ cup milk	1 cup raisins
½ cup water	5 tsp. baking powder

Put in a pan and let stand on back of the stove ½ hour and then bake.

RYE CORN CAKES.

$\frac{1}{2}$ cup corn meal	1 tbsp. fat
$\frac{1}{2}$ cup rye meal	$\frac{1}{2}$ tsp. salt
1 tsp. baking powder	3 tbsp. milk

Sift flour, meal, baking powder and salt, cut in fat and add liquid. Beat well and bake in a hot oven.

RICE MUFFINS.

1 cup boiled rice	2 cups sweet milk
2 eggs, beaten	2 cups barley or oat flour

Beat well and bake in a very quick oven. Have pans hot when mixture is poured in.

OATMEAL MUFFINS.

$1\frac{1}{2}$ cups scalded milk	1 tbsp. fat
2 cups rolled oats	1 cup rye flour
1 egg	4 tsp. baking powder
1 tbsp. molasses	1 tsp. salt

Pour hot milk over oats; let stand until cold. Add remaining ingredients; bake in greased muffin tins $\frac{1}{2}$ hour in a moderate oven.

BROWN BREADS.

LIBERTY BROWN BREAD.

7/8
1 1/2
1 1/2
1 1/2
1 cup rye flour
1 cup corn meal
1 cup rolled oats
 $\frac{1}{2}$ cup molasses
1 tsp. baking powder

$\frac{1}{8}$ tsp. soda
1 tsp. salt
2 cups hot water
 $\frac{1}{2}$ cup seedless raisins

Mix dry ingredients and raisins, add molasses and hot water. Mix thoroughly and turn into four 1-pound baking powder cans. Fill moulds two-thirds full, cover closely and steam 4 hours.

STEAMED BROWN BREAD.

1 cup corn meal
1 cup barley flour
1 cup rye flour
 $\frac{3}{4}$ cup molasses
2 cups sour milk

1 tsp. soda
2 tsp. baking powder
 $\frac{1}{4}$ tsp. ginger
 $\frac{1}{4}$ tsp. salt

Sift corn meal, barley flour, rye flour, baking powder, salt and ginger. Dissolve soda in a little cold water, add sour milk. Combine the liquid with the dry ingredients, beat well, and steam in well greased brown bread tin or baking powder cans from 5 to 6 hours, depending upon the size of the tin.

GRIDDLE CAKES AND WAFFLES WITHOUT WHEAT FLOUR.

BUCKWHEAT CAKES.

2 cups buckwheat flour	$\frac{1}{2}$ tsp. salt
4 tsp. Royal Baking Powder	$1\frac{1}{8}$ cups milk

Sift together buckwheat, baking powder and salt; add milk slowly; beat well and bake on a hot greased griddle until brown. Serve hot with honey or syrup.

RAISED CORN GRIDDLE CAKES.

1 cup milk, scalded	When cool, add 1 egg
4 tbsp. corn meal	$\frac{1}{2}$ yeast cake dissolved in
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup lukewarm water
1 tsp. molasses	

Beat well, let rise over night. In morning fry on a hot griddle.

CORN MEAL AND RICE WAFFLES.

1 cup cooked rice	1 cup milk
1 cup white corn meal	1 cup water
$\frac{1}{2}$ cup barley flour	1 tbsp. sugar or
2 tsp. baking powder	2 tbsp. molasses
1 tbsp. shortening	2 eggs

Scald corn meal with milk and water in double boiler. Rub cooked rice and scalded corn meal together with a potato masher. Add shortening, egg yolks well beaten, sugar, baking powder and flour. Fold in stiffly beaten whites of eggs. Fry on a hot, well greased waffle iron.

CORN AND RICE FRITTERS.

1 cup fine corn meal	1 tsp. cinnamon or nutmeg
2 cups milk	2 eggs
1 tsp. salt	1 tbsp. sugar
2 cups cooked rice	2 tsp. baking powder
1 tbsp. shortening	$\frac{1}{2}$ cup barley flour

Put milk in the double boiler and stir in corn meal. Cook until the mush leaves the kettle. Rub mush and rice together well. When lukewarm, add yolks of eggs well beaten, then add whites stiffly beaten, sugar, shortening, flour and baking powder. These may be fried in deep fat, or more milk may be added and the mixture used for waffles or griddle cakes.

OATMEAL PANCAKES.

1 cup cooked oatmeal	1 egg, well beaten
$\frac{3}{4}$ cup rye flour	$\frac{1}{2}$ tsp. salt
2 tsp. baking powder	$\frac{2}{3}$ cup milk
2 tbsp. molasses	

Add molasses, salt and $\frac{1}{2}$ cup milk to rolled oats; sift in baking powder with the rye flour, add well beaten egg and beat thoroughly; thin to the desired consistency with the remaining milk. Fry on a hot griddle.

BARLEY FLOUR WAFFLES.

1 cup milk	$\frac{1}{4}$ tsp. salt
2 eggs	2 cups barley flour
3 tbsp. melted fat	3 tsp. baking powder

Sift dry ingredients together and add slowly the milk, beaten egg yolk and melted fat. Fold in the stiffly beaten egg whites. Beat thoroughly for 1 minute and cook on hot well greased waffle iron.

COOKIES.

BARLEY GINGER SNAPS.

$\frac{3}{8}$ cup shortening	1 cup molasses
$\frac{3}{8}$ cup sugar	1 tsp. ginger
1 tsp. soda dissolved in	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{2}$ cup hot water	Barley flour to roll

Make dough a little stiffer than when using wheat flour. Roll thinly and bake.

BUCKWHEAT COOKIES.

1 cup sugar—brown or white	1 tsp. baking powder
2 eggs	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ cup shortening	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ tsp. salt
3 cups buckwheat flour	

Beat eggs well; add sugar gradually, beating constantly. Add melted shortening and milk and again beat. Sift dry ingredients together and add. Knead dough slightly, roll thinly, cut into cookies and bake 12 to 15 minutes in a moderate oven.

COCOANUT CORNFLAKES.

2 whites of eggs	$\frac{1}{2}$ cup shredded cocoanut
$\frac{1}{8}$ tsp. salt	2 cups corn flakes
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ tsp. vanilla

Beat whites of eggs to a stiff froth. Cut in dry ingredients; drop from teaspoon on to a baking sheet. Bake in a moderate oven 8 minutes.

CHOCOLATE COOKIES.

$\frac{1}{2}$ cup shortening	1 cup rye flour
1 cup sugar	1 cup barley flour
1 egg	2 tbsp. rice flour
$\frac{1}{4}$ tsp. salt	2 tsp. baking powder
2 oz. unsweetened chocolate	$\frac{1}{4}$ cup milk

Mix together shortening, sugar, egg well beaten, salt and melted chocolate. Sift together flour and baking powder and add alternately with the milk. Chill, roll thinly, cut with a small cutter and bake in a moderate oven.

CHOCOLATE HOOVERS.

2 whites of eggs	1 cup soft bread crumbs
1 cup powdered sugar	1 tsp. vanilla
$\frac{1}{2}$ cup cocoa	$\frac{1}{2}$ tsp. cinnamon

Beat whites of eggs to a stiff froth. Add sugar slowly. Mix in cocoa, bread crumbs and cinnamon; add vanilla. Beat well, drop from teaspoon on to a baking sheet; bake in a moderate oven 20 minutes.

DELECTABLES.

Square graham or oatmeal crackers.

White of 1 egg	$\frac{1}{4}$ tsp. vanilla
1 tbsp. sugar	Chopped peanuts

Make a stiff meringue of white of egg and sugar; add vanilla. Cut crackers in halves, put meringue between and on top, sprinkle tops with peanuts. Bake in a moderate oven until brown and crisp. The meringue should be crisp and dry, not soggy.

GINGER SNAPS.

1 tsp. soda
1 tsp. salt
1 cup molasses

$\frac{1}{2}$ cup shortening
1 tsp. ginger
Rye flour

Heat molasses, pour on the shortening. When cool, mix in rye flour to make a dough just stiff enough to handle. More ginger may be added if liked.

OATMEAL COOKIES.

$1\frac{1}{2}$ cups oatmeal flour
 $\frac{1}{8}$ cup shortening
1 tsp. baking powder

3 tbsp. maple syrup
 $\frac{1}{2}$ tsp. salt

Roll out thinly, using oatmeal flour on the board. Cut into shapes and bake in a moderate oven.

OATMEAL MACAROONS.

1 cup rolled oats
 $\frac{1}{2}$ cup grated cocoanut
 $\frac{2}{3}$ cup maple sugar

$\frac{1}{4}$ tsp. salt
1 egg well beaten
Few drops vanilla

Add the sugar gradually to the well beaten egg, mix in the dry ingredients. Drop from spoon on a well greased baking sheet and bake in a moderate oven.

OATMEAL AND WHITE FLOUR COOKIES.

3 cups rolled oats	1 cup milk
1 cup flour	1 tsp. soda
1 cup sugar	1 tsp. vanilla
½ cup shortening	⅛ tsp. salt.

Put rolled oats through medium fine food chopper. Add remaining ingredients and drop mixture from a teaspoon on to a well greased baking sheet. Bake in a moderate oven.

OATMEAL AND RYE COOKIES.

½ cup shortening	2 tsp. Royal Baking Powder
¼ cup brown sugar	½ tsp. salt
½ cup corn syrup	½ tsp. cinnamon
1 egg	1 ¼ cups rolled oats
3 tbsps. water	½ cup chopped raisins (if desired)
1 cup rye flour	

Cream shortening, add sugar and syrup, beaten egg and water. Add flour, baking powder, salt and cinnamon which have been sifted together. Mix well and add rolled oats and raisins. Drop by spoonfuls on greased pan, and bake in a moderate oven 15 to 20 minutes.

PEANUT MACAROONS.

1 white of egg	1 cup powdered sugar
⅛ tsp. salt	1 cup finely chopped peanuts

Add salt to the egg and beat until stiff; add sugar and nuts, and mix well; drop from teaspoon on a greased baking sheet 2 inches apart and baked in a slow oven about 15 minutes.

WALNUT WAFERS.

2 eggs	$\frac{1}{4}$ tsp. salt
1 cup brown sugar	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ cup barley flour	$\frac{3}{4}$ cup chopped nut meats
$\frac{1}{4}$ tsp. cinnamon	

Beat eggs until light; add sugar and beat well; add dry ingredients sifted together; add nuts; pour into a greased dripping pan and bake in a moderate oven 10 minutes. Cut in squares while hot. Mixture may be baked in tiny scalloped tins if preferred.

WHEATLESS HERMITS.

$\frac{1}{4}$ cup shortening	2 tsp. baking powder
$\frac{3}{4}$ cup sugar	$\frac{1}{3}$ cup chopped nuts
1 egg	$\frac{1}{4}$ cup chopped raisins
2 tbsp. milk	$\frac{1}{4}$ tsp. cinnamon
2 cups barley flour	$\frac{1}{4}$ tsp. cloves

Combine the ingredients as for cake, add barley flour to make a dough stiff enough to roll. Roll thinly, shape with a small cookie cutter and bake.

CAKES AND GINGERBREADS.

BARLEY CHOCOLATE CAKE.

1½ cups barley flour	1 cup corn syrup or sorghum
3 tsp. baking powder	(or ¾ cup syrup and ¼
¼ tsp. soda	cup honey)
2 tbsp. fat	1 egg yolk
1½ squares chocolate	¼ cup water
	1 tsp. vanilla

Melt fat and chocolate together, sift dry ingredients. Beat egg yolk, add syrup and water and beat well. Combine liquid and dry ingredients, add chocolate and fat. Bake as individual cakes or in a loaf.

BARLEY FRUIT CAKE.

½ cup shortening	2½ cups barley flour
1 cup sugar	2 tsp. baking powder
1 cup sour milk	½ tsp. each of cloves, cinnamon
3 tbsp. molasses	and allspice
¼ cup citron	1 cup chopped raisins
½ tsp. soda	

Cream shortening and sugar; add molasses. Sift together the dry ingredients and add to creamed sugar and shortening alternately with milk. Lastly, lightly fold in prepared fruit. Bake in a loaf pan in a moderate oven 45 minutes.

CORN STARCH CAKE.

½ cup sugar	½ tsp. baking powder
2 tbsp. butter	2 eggs
½ cup corn starch	½ tsp. vanilla

Cream butter and sugar, add egg yolks well beaten. Put baking powder in corn starch and mix thoroughly. To butter, sugar and egg yolks add one-third of the egg white stiffly beaten, then one-third of the corn starch and so on until ingredients are all used. Bake in a moderate oven.

EGGLESS, MILKLESS, BUTTERLESS FRUIT CAKE.

1 cup brown sugar	1 tsp. nutmeg
1 $\frac{1}{4}$ cups water	1 tsp. cinnamon
1 cup seeded raisins	1 cup corn flour
2 oz. citron, cut fine	1 cup rye flour
$\frac{1}{3}$ cup shortening	5 tsp. Royal Baking Powder
$\frac{1}{2}$ tsp. salt	

Boil sugar, water, fruit, shortening, salt and spices together in a saucepan 3 minutes. When cool, add flour and baking powder which have been sifted together. Mix well; bake in a loaf pan in a moderate oven 45 minutes.

MOLASSES CAKE.

4 tbsp. shortening	1 tbsp. ginger
$\frac{1}{2}$ cup sugar	1 tsp. allspice
$\frac{3}{4}$ cup molasses	$\frac{1}{4}$ tsp. salt
2 cups rye flour	$\frac{3}{4}$ cup milk
4 tsp. Royal Baking Powder	

Cream shortening. Add sugar and molasses, beating well. Add half the flour, which has been sifted with baking powder, spices and salt. Mix in half the milk and then add remainder of flour and remainder of milk. Mix well and pour into greased individual cake tins and bake in a moderate oven 20 minutes.

WHEATLESS CAKE.

$\frac{1}{3}$ cup shortening	1 $\frac{1}{4}$ cups barley flour
$\frac{1}{2}$ cup sugar	3 tsp. baking powder
$\frac{1}{2}$ cup corn syrup	$\frac{1}{2}$ tsp. salt
1 cup mashed potato	Flavoring
2 eggs	

Put potato through ricer and pack into cup. Combine ingredients as for any cake. Bake in layers or in one and split into layers. Put a glass of jelly between layers, reserving just enough to spread thinly on top. Cover top with grated sweet chocolate. This gives it the appearance of being frosted.

GINGERBREAD.

1 cup molasses	3 cups rye flour
2 tbsp. honey	1 tsp. baking powder
3 tbsp. shortening	$\frac{1}{2}$ tsp. salt
2 tsp. soda	3 tsp. ginger
2 eggs	2 tsp. cinnamon
$\frac{3}{4}$ cup milk	

Bring to a boil the molasses, honey and shortening. When cold, add soda dissolved in a little hot water, eggs well beaten and milk. Sift together the dry ingredients and add. Bake in cup cake tins in a quick oven.

EVERLASTING GINGERBREAD.

2 cups corn meal	1 egg
$2\frac{1}{2}$ cups water	2 tbsp. vinegar
1 cup flour	2 tsp. soda
$\frac{1}{4}$ cup shortening	2 tsp. salt
1 cup molasses	1 tbsp. ginger

Scald meal in water to which salt has been added until the mush leaves the pan. Remove from the fire, add molasses gradually, beating constantly so that mush will not become lumpy; add shortening. When cool, add egg well beaten, soda dissolved in vinegar in the cup from which molasses was turned, and flour. Bake in a sheet or as drop cakes.

This mixture may be kept, uncooked, for an indefinite length of time if it is put in a covered crock and kept in a cool place.

DESSERTS.

APPLE TAPIOCA—MAPLE SAUCE.

1 cup tapioca	2 eggs separated
1 cup cold water	2 cups maple syrup
1 quart hot stewed apple	1 tbsp. corn starch
$\frac{1}{2}$ tsp. salt	2 tbsp. butter

Soak tapioca in the cold water 2 hours, add 1 cup maple syrup and cook in double boiler until clear; add the hot stewed apple and salt and mix well. Remove from the fire and fold in the stiffly beaten egg whites.

SAUCE: Add the butter to 1 cup maple syrup, heat to the boiling point and add corn starch wet with 2 tablespoons water; cook 2 minutes, stirring constantly, then pour over the well beaten egg yolks.

APPLE AND RICE.

1 cup rice	6 large apples
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Boil rice. When half done, add apples, peeled, sugar to taste, raisins and a little citron, if liked. Serve hot or cold.

STEAMED BARLEY PUDDING.

1 cup molasses	$\frac{3}{4}$ cup corn meal
1 cup sour milk	1 cup barley flour
1 egg	$\frac{1}{4}$ tsp. salt
1 tsp. soda	1 cup chopped raisins

Beat egg, add molasses, milk and soda dissolved in a little cold water. Sift corn meal and barley flour together and combine with first mixture. Add chopped raisins, and pour into well greased baking powder cans. Steam 2 hours.

CHOCOLATE BLANC MANGE.

1 quart milk
4 tbsp. sugar
2 squares chocolate

4 tbsp. corn starch
1 tsp. vanilla

Scald milk with sugar, add chocolate shaved thin and corn starch moistened with a little cold milk. Stir over the fire until it thickens; take off, beat thoroughly, add vanilla and mould.

HOMINY PUDDING.

2 cups cooked hominy
 $\frac{1}{2}$ cup chopped dates or raisins
 $\frac{1}{4}$ cup corn syrup

$\frac{1}{2}$ cup milk
1 egg beaten
 $\frac{1}{4}$ tsp. salt

Mix all the ingredients and put into oiled custard cups. Put in a pan containing water and bake in a moderate oven until set like custard, or until a knife when inserted will be clean when removed.

INDIAN PUDDING WITH TAPIOCA.

3 tbsp. tapioca
2 tbsp. Indian meal
1 tsp. fat

1 tsp. salt
1 quart milk
 $\frac{3}{4}$ cup molasses

Soak the tapioca overnight in $\frac{1}{2}$ cup water. Add one-fourth cup cold milk to the meal, heat the remainder of the milk in the double boiler. Add tapioca, meal, fat, salt, and cook until it thickens. Remove from the fire, add molasses and bake 1 hour in a greased pudding dish.

PINEAPPLE PUDDING.

1 cup corn meal
1 tsp. salt

2 cups water
2 cups shredded pineapple

Cook corn meal, salt and water in double boiler 20 minutes. Put layer of mush in pudding dish. Add a layer of shredded pineapple drained from juice. Alternate layers of mush and pineapple. Reserve 2 tablespoons of pineapple for sauce.

To serve cold—set aside to chill.

To serve hot—bake $\frac{1}{2}$ hour in a moderate oven.

SAUCE: To pineapple juice add 2 tablespoons pineapple, $\frac{1}{4}$ lemon, $\frac{1}{4}$ teaspoon ginger. Beat well and serve very cold.

EGGLESS PLUM PUDDING.

1 cup bread crumbs
2 cups rye flour
4 tsp. Royal Baking Powder
 $\frac{1}{2}$ tsp. salt
1 tsp. cloves
1 tsp. cinnamon

1 cup chopped suet
1 cup seeded raisins
1 chopped apple
1 cup molasses
1 cup milk

Mix dry ingredients thoroughly; add suet and prepared fruit and mix well. Add gradually molasses and milk, stirring constantly. Steam $2\frac{1}{2}$ hours. Serve with hard sauce.

POPPED CORN PUDDING.

2 cups ground popped corn
3 cups milk
2 eggs

$\frac{1}{2}$ cup corn syrup
1 tbsp. fat
 $\frac{1}{2}$ tsp. salt

Scald milk and pour over corn. Let stand $\frac{1}{2}$ hour; add beaten eggs and syrup, fat and salt. Bake in a moderate oven until set, stirring occasionally. Heat corn syrup and serve as a sauce.

PRUNE JELLY—SOFT CUSTARD.

$\frac{1}{2}$ lb. sweet prunes	$\frac{1}{2}$ cup honey
$\frac{1}{2}$ lemon	1 egg
1 pkg. prepared lemon jelly	1 cup milk
1 quart water	Salt, ground mace

Wash prunes and let soak in water for 12 hours; simmer gently 1 hour; skim out prunes and remove pits; reduce prune juice to a little less than 1 pint by boiling and pour it over gelatin, stirring until dissolved. Let stand until cold, add prunes and mould. Make custard with honey, egg, milk and mace. Chill well and serve.

RICE PUDDING.

1 cup rice	$\frac{1}{2}$ pint cream
Sugar	1 tsp. vanilla

Cook the rice so that pieces are not crushed; cool. Beat cream until stiff, sweeten to taste and add vanilla. Combine rice and whipped cream, using a silver fork. Pile on a dish and chill. Serve with maple syrup as a sauce.

WHEATLESS PASTRY.

2 cups barley flour	$\frac{1}{8}$ cup vegetable fat
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ tsp. baking powder

Add enough water to make a stiff dough.

MEATLESS MINCE PIE.

$\frac{1}{2}$ pkg. seeded raisins	$\frac{1}{4}$ cup sweet cider
$\frac{1}{2}$ lb. prunes	$\frac{1}{4}$ cup brown sugar
1 lemon	

Stew prunes with juices and rind of lemon. Add raisins, cut once, cider and sugar. Bake as any mince pie.

REMINDERS.

CEREAL.

Popped corn served with cream and salt, or sugar.

SOUP.

Cream of pea soup in cups.
Chilled bouillon with strips of brown bread.
Cream of lima bean soup.
Cream of lettuce soup.

MEAT.

Jellied chicken loaf.
Brownied corned beef hash with cold apple sauce.
Mutton soufflé.

FISH.

Creamed smoked salmon.
Creamed fish in browned potato border.
Baked cod with tomatoes.
Creamed cod on fried hominy rounds.
Steamed cod with oyster sauce.

EGGS.

Eggs baked with grated cheese.
Eggs poached in cream.
Eggs baked in tomatoes.
Tomato omelet.
Green pea omelet.

VEGETABLES.

Tomatoes stuffed with peas.
 Creamed whole potatoes.
 Corn oysters.
 Fried tomatoes on toast.
 Creamed baked onions.
 Sweet potato soufflé.
 Baked succotash.

SALADS.

White grape and cream cheese.
 Raw cabbage cut in strips and nuts with mayonnaise.
 Fresh pineapple and strawberries.
 Cold baked beans and tomatoes with mayonnaise.
 Cucumber jelly with asparagus tips on lettuce leaves.

DESSERTS.

Vanilla ice cream with ginger, raspberries, strawberries or peaches, fresh or preserved, as sauce.
 Fig, date and nut jelly.
 Baked or preserved pears with cream.
 Fig ice cream.
 Baked bananas.
 Cold popovers filled with whipped cream and chopped nuts.
 Pineapple and lemon jelly.
 Rhubarb and marshmallow jelly.
 Baked apples stuffed with figs.
 Cold rice pudding with orange marmalade.
 Cold moulded hominy with raspberries, or other fresh or preserved fruits.
 Pineapple fritters.
 Currant sherbet.
 Frozen cantaloupe.
 Frozen peaches with whipped cream.
 Orange fritters with marmalade.
 Caramel and walnut ice cream.
 Watermelon cut with French vegetable cutter into balls, chilled and served in glasses.

SUGGESTIONS.

FOR FRYING GRIDDLE CAKES.

Cut a small potato in halves lengthwise, pare, wipe, and put on a fork with the flat side down. Fry the first griddleful with grease as usual. After that, use the potato as you would the grease. The cakes will be light and wholesome and will not stick to the pan.

TO USE IN PLACE OF TOAST.

Put rice or hominy in baking powder cans or bread tins. Slice and fry. Serve under scrambled eggs, rarebit or wherever toast would be used.

FOR FLAVORING BAKED BEAN SOUP.

A piece of mint or a slice of lemon added to baked bean soup improves the flavor.

THICKENING.

In place of wheat flour, substitute the same amount of barley flour or one-half the amount of corn starch.

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